



Marine & Family Services is dedicated to helping Marines and their family members in the National Capital Region with information, workshops, counseling and other quality of life programs. Many services are offered on-site at Henderson Hall, the Pentagon, Marine Barracks Washington, and the Chemical Biological Incident Response Force in Indian Head, Maryland, to better serve Marines stationed in those locations.

Marine Corps Family Team Building supports the Key Volunteer Network, Lifestyle, Insights, Networking, Knowledge, Skills (L.I.N.K.S.) workshops for spouses, and the Spouses Learning Series. Both new and experienced Marine Corps spouses are encouraged to attend L.I.N.K.S. and are welcome to join the Key Volunteer Network. We also facilitate Family Readiness Officer training, Key Volunteer and L.I.N.K.S. mentor training, and Pre-Deployment and Return & Reunion briefs. For more information, please call 703-693-4840.

Henderson Hall offices are open  
Monday – Friday 7:30 a.m. – 4:30 p.m.  
For more information, please call  
703-614-7200.

## PERSONAL FINANCIAL MANAGEMENT 703-614-6950

- Budget Management
- College & Retirement Planning
- Health & Life Insurance Options
- Investment Options
- Debt Management
- Estate Planning
- Banking Services
- Home & Car Buying

## CAREER RESOURCE MANAGEMENT CENTER 703-614-6828

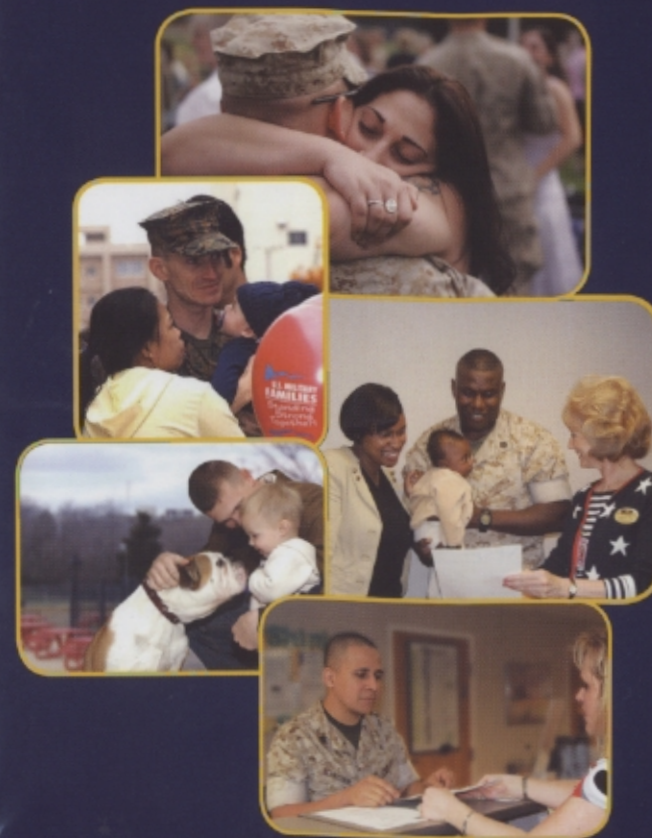
- Pre-Separation Counseling
- Individual Transition Plan (ITP) Development
- Transition Assistance Program (TAP) Workshops
- Active Duty, Retiree, and Family Member Employment Assistance
- Resume Preparation and Skills Assessments
- Mock Interview Sessions
- Federal & Private Employment Resources

## SCHOOL LIAISON OFFICE 703-693-8378

- K-12 Transition Issues
- Area School System Information & Referral



## MARINE & FAMILY SERVICES



**HENDERSON HALL  
ARLINGTON, VIRGINIA  
703-614-7200  
[www.mccsHH.com](http://www.mccsHH.com)**





## RELOCATION ASSISTANCE

703-614-7202

- Housing Information & Set-Aside Program
- PCS Workshops & Okinawa Briefs
- Worldwide Base Information
- Welcome Aboard Packages & Monthly Orientations followed by Washington, D.C. Tours
- Lending Locker
- Automated Housing Referral Network (AHRN)
- Individual Relocation Plan

## GENERAL COUNSELING SERVICES & FAMILY ADVOCACY

703-614-7204/05

- Individual, Marital & Family Counseling
- Prevention & Education Workshops
- Stress & Anger Management
- Communication Skills
- Rape Aggression Defense (RAD) Training
- Crisis Intervention & Victim Advocacy
- 24-hour Domestic Abuse, Child Abuse & Sexual Assault Intervention Services

## EXCEPTIONAL FAMILY MEMBER

703-614-7200/01

- Special Needs Assistance
- Medical & Educational Resources
- DoD EFM Program Enrollment
- Family Support Groups
- EFM Workshops and Relocation Assistance
- Respite Care & Advocacy
- Individual Case Management



## CHILDREN, YOUTH & TEENS PROGRAM

703-614-7332

- Child Care Resources & Referral
- Off-Base Family Child Care
- Child Care Subsidy
- Respite Care Services
- Toy & Equipment Lending Library
- Extended Enhanced Child Care Services
- FCC Provider recruitment & Training
- First Aid & CPR Certification

## SUBSTANCE ABUSE COUNSELING

703-614-8961

- Screening & Assessments
- Treatment & Referral
- Aftercare
- SACO Training
- IMPACT/Early Intervention
- Relapse Prevention
- Prevention Outreach

## MARINE CORPS FAMILY TEAM BUILDING

703-693-4840

- Community Volunteer Opportunities
- Lifestyle, Insight, Networking, Knowledge, and Skills (L.I.N.K.S)
- Key Volunteer Network & Training
- Spouse Leadership Seminar
- Deployment & Return and Reunion Briefs
- Family Readiness Officer Training
- Holiday Gift & Food Basket Programs



## INFORMATION & REFERRAL

703-614-7200/01

- Military & Civilian Community Information
- Family Care Plans
- TRICARE Information
- USO & Military Benefit Guides
- Military OneSource
- Metro Rail, Bus & Commuter Information
- Metro Transportation Benefit Information

## LIFELONG LEARNING

703-614-9104

- Tuition Assistance Program
- Military Classification Testing
- Academic Counseling
- DANTES Examinations
- Distance Learning Program
- United Services Military Apprenticeship
- Military Academic Skills Program (MASP)
- Professional Military Education (PME) Library

## NEW PARENT SUPPORT

703-614-7208

- For Families with Children up to Six Years Old
- Home Visitation Services
- Parenting Classes and Support Groups
- Baby Boot Camp
- Developmental Screening
- Emotional Support & Counseling
- Referral to Resources For New Parents
- Cooperative Parenting and Divorce (Court-mandated for divorcing parents)